

California Reducing Disparities Project

Strategic Plan to Reduce Mental Health Disparities



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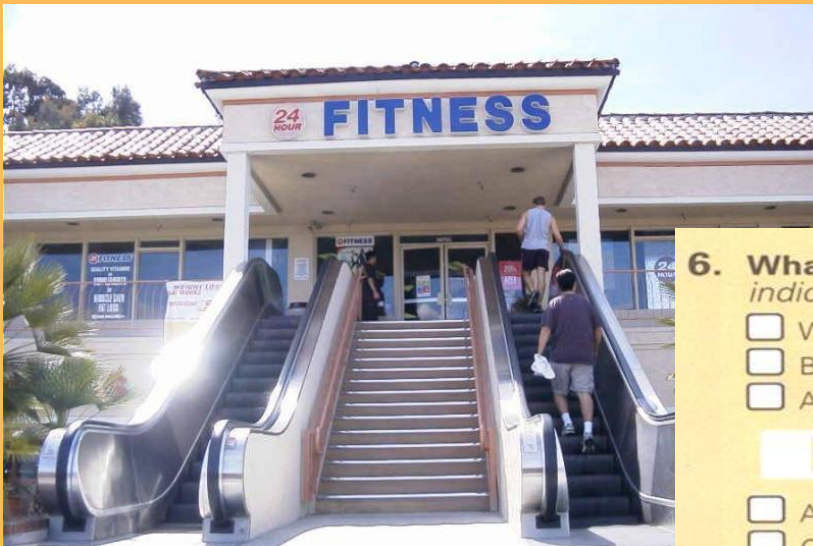
CPEHN: Together We're Stronger



Eliminating Health Disparities

IMPORTANTE: Puede obtener la ayuda de un intérprete o ayuda de un intérprete o preguntar acerca de información XXXX-XXXX-XXXX. Alguien que habla español puede llamar al 1-800-927-4357. (Spanish)

重要提示： 您與您的醫生或保險公司交流資料，請先致電您的保險公司，電話號碼為 1-800-927-4357。如需更多協助，請致電保險部熱線 1-800-927-4357。



6. What is this person's race? Mark ☒ one or more races to indicate what this person considers himself/herself to be.

- ☐ White
☐ Black, African Am., or Negro
☐ American Indian or Alaska Native — Print name of enrolled or principal tribe. ➤

- | | | |
|--|---|--|
| <input type="checkbox"/> Asian Indian | <input type="checkbox"/> Japanese | <input type="checkbox"/> Native Hawaiian |
| <input type="checkbox"/> Chinese | <input type="checkbox"/> Korean | <input type="checkbox"/> Guamanian or Chamorro |
| <input type="checkbox"/> Filipino | <input type="checkbox"/> Vietnamese | <input type="checkbox"/> Samoan |
| <input type="checkbox"/> Other Asian — Print race. ➤ | <input type="checkbox"/> Other Pacific Islander — Print race. ➤ | |

Context for the California Reducing Disparities Project

- Communities of color = 60% of California
- Disparities in diagnosis of illness and access to mental health services occur in all targeted populations
- African Americans are far more likely than Whites to be diagnosed with serious psychological distress
- Native Hawaiian and Pacific Islander adults suffer from the highest rate of depressive disorders among all racial groups

Context for the California Reducing Disparities Project

- Eighty five percent of Mexican immigrants who need mental health services remain untreated
- LGBTQ communities are all races and ethnicities, so the disparities faced by all populations also apply to these communities – and they also report high rates of emotional difficulties, such as stress, anxiety, or depression
- American Indians and Alaska Natives in California are twice as likely to have experienced serious psychological distress during the past year as Whites, and have had more difficulty than Whites when accessing mental health care

California Reducing Disparities Project (CRDP)

- Statewide initiative begun in 2010 to improve access, quality of care, and outcomes for racial, ethnic, and cultural communities
- Groundbreaking investment of MHSA (Prop 63) dollars to reduce mental health disparities
- Focus on five targeted populations: African American; Asian and Pacific Islander; Latino; Lesbian, Gay, Bisexual, Transgender, and Questioning; and Native American
- Components include five population reports, a multicultural statewide coalition to provide recommendations on MHSA-related activities, and a comprehensive strategic plan to reduce disparities
- Represents the voice of the targeted communities

California Reducing Disparities Project Partners



CRDP Strategic Plan

- A synthesis of the population reports, their findings, and recommendations
- A vision for reducing mental health disparities
- A roadmap to transforming our public mental health system into one that better meets the needs of all Californians
- Key strategies to achieve the vision
- Recommendations for the implementation of CRDP Phase II

Strategic Plan Process

- Compiled recommendations from five population reports
- Categorized into four themes and five goals
- Discussed and prioritized by the CRDP Partners for inclusion in the strategic plan
- Refined and vetted with CRDP Partners

Introduction and Background

- Background on California and its public mental health system
- Snapshot of mental health disparities in communities of color and LGBTQ communities
- Overview of current efforts to reduce disparities
- Introduction to the California Reducing Disparities Project

Community Assets to Eliminate Disparities

- Overview of work to reduce disparities in:
 - Stigma
 - Discrimination and social exclusion
 - Language barriers
 - Insurance status
 - Social and environmental conditions
 - Quality of care and satisfaction
 - Lack of appropriate data collection

Community Plan for Reducing Disparities in Mental Health

- Purpose of the strategic plan
- Process to develop the plan
- Four overarching themes
- Five goals
- Twenty-five long-term strategies
- Recommendations for implementing the strategies

Overarching Themes

- Address and incorporate cultural and linguistic competence
- Implement capacity building
- Improve data collection standards
- Address the social and environmental determinants of health

Goals

- Goal 1: Increase access to mental health services for unserved, underserved, and inappropriately served populations
- Goal 2: Improve the quality of mental health services for unserved, underserved, and inappropriately served populations
- Goal 3: Build on community strengths to increase the capacity of and empower unserved, underserved, and inappropriately served populations

Goals (continued)

- Goal 4: Develop, fund, and demonstrate the effectiveness of population-specific and tailored programs
- Goal 5: Develop and institutionalize local and statewide infrastructure to support the reduction of mental health disparities

Recommendations for Phase II

- Implement promising practices in unserved, underserved, and inappropriately served communities
 - Four-year pilot program to fund local community organizations to implement identified community-defined prevention and early intervention approaches across the five populations
 - Community-based participatory evaluation to elevate these practices to the level of evidence-based practice

Recommendations for Phase II

- Implement promising practices in unserved, underserved, and inappropriately served communities
 - Technical assistance and capacity building for the funded projects
 - Ongoing work to implement the 25 policy-level strategies
 - Collaboration with county departments of mental health

Appendices

- Disparities in accessing mental health services
- California public mental health system entities
- Examples of community assets and considerations to address stigma, discrimination and social exclusion, language barriers, lack of insurance, social and environmental conditions, quality of care, and lack of appropriate data collection
- Implications of health care reform
- Social and environmental issues impacting mental health
- Strategic planning process

Intersection with OHE Strategic Plan

- CRDP Strategic Plan:
 - Developed in partnership with the five Strategic Planning Workgroups
 - Identify population-specific strategies
 - Provides community-identified strategies and interventions to increase culturally and linguistically competent services to meet the needs of the targeted populations
 - Fund and evaluate identified practices and strategies over four years
- OHE Strategic Plan:
 - Establish a comprehensive, cross-sectoral strategic plan to eliminate health and mental health disparities and inequities
 - Developed in collaboration with the Health in All Policies Task Force
 - Establish goals and benchmarks for specific strategies in order to measure and track disparities and the effectiveness of these strategies

Intersection with OHE Strategic Plan

- A. Identify and disseminate actionable information on disparities
- B. Embed health, mental health, and equity into institutional policies and practices across non-health fields
- C. Embed equity into institutional policies and practices across the health field
- D. Empower communities in disparity reduction initiatives
- E. Develop and align sustainable multi-sector infrastructure and support
- F. OHE capacity building for implementation of the strategic initiatives

Public Comment

- 30-day public comment period
- Three community forums
- Strategic Plan will be disseminated widely and will be available at www.cpehn.org
- Comments will be accepted at community forums, and via phone, email, and mail
- Dates to be determined

Timeline

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- 30-day public comment period
- Final Strategic Plan released after public comment period
- RFP for Phase II funds
- Four-year Phase II pilot program



CPEHN

California Pan-Ethnic Health Network

Contact us at CPEHN

- (510) 832-1160
- rcantu@cpehn.org
- www.cpehn.org
- For additional information visit the Office of Health Equity website:
<http://www.cdph.ca.gov/programs/Pages/OHEMain.aspx>